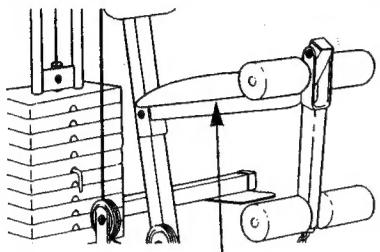


# WEIDER<sup>TM</sup> 7400

MULTI-STATION • PROFESSIONAL QUALITY FITNESS SYSTEM

Model No. WG74000

Serial No. \_\_\_\_\_



Serial Number Decal (Under Seat)

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.**

The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**

1-800-225-0653

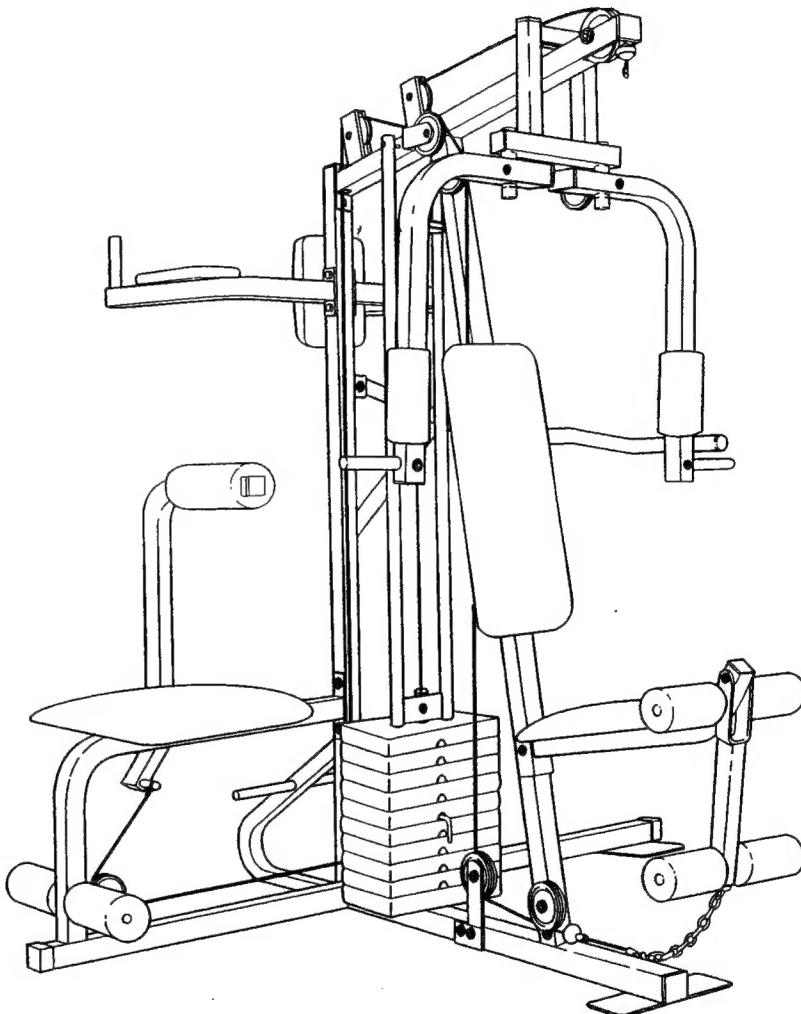
Mon.-Fri., 6 a.m.-6 p.m. MST

## CAUTION!

Read all safety precautions and instructions in this owner's manual before using this equipment. Save this owner's manual for future reference.

PATENT PENDING

## OWNER'S MANUAL



**weider<sup>®</sup>**

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important safety precautions before using the weight system.

1. Read all instructions in this owner's manual and in the accompanying literature before using the weight system. Use the weight system only as described.
2. Use the weight system only on a level surface. Cover the floor under the weight system for protection.
3. Inspect and tighten all parts each time you use the weight system. Replace any worn parts immediately.
4. Keep small children away from the weight system at all times.
5. Keep hands and feet away from moving parts.
6. Always wear athletic shoes for foot protection.
7. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
8. Never release the arms, leg lever, military press/squat arm, ab arm, lat bar or nylon strap while weights are raised. The weights will fall with great force.
9. Always stand on a foot plate when performing an exercise that could cause the weight system to tip.
10. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
11. Never use the VKR arms while another weight station is being used; your foot could become caught between moving weights.
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

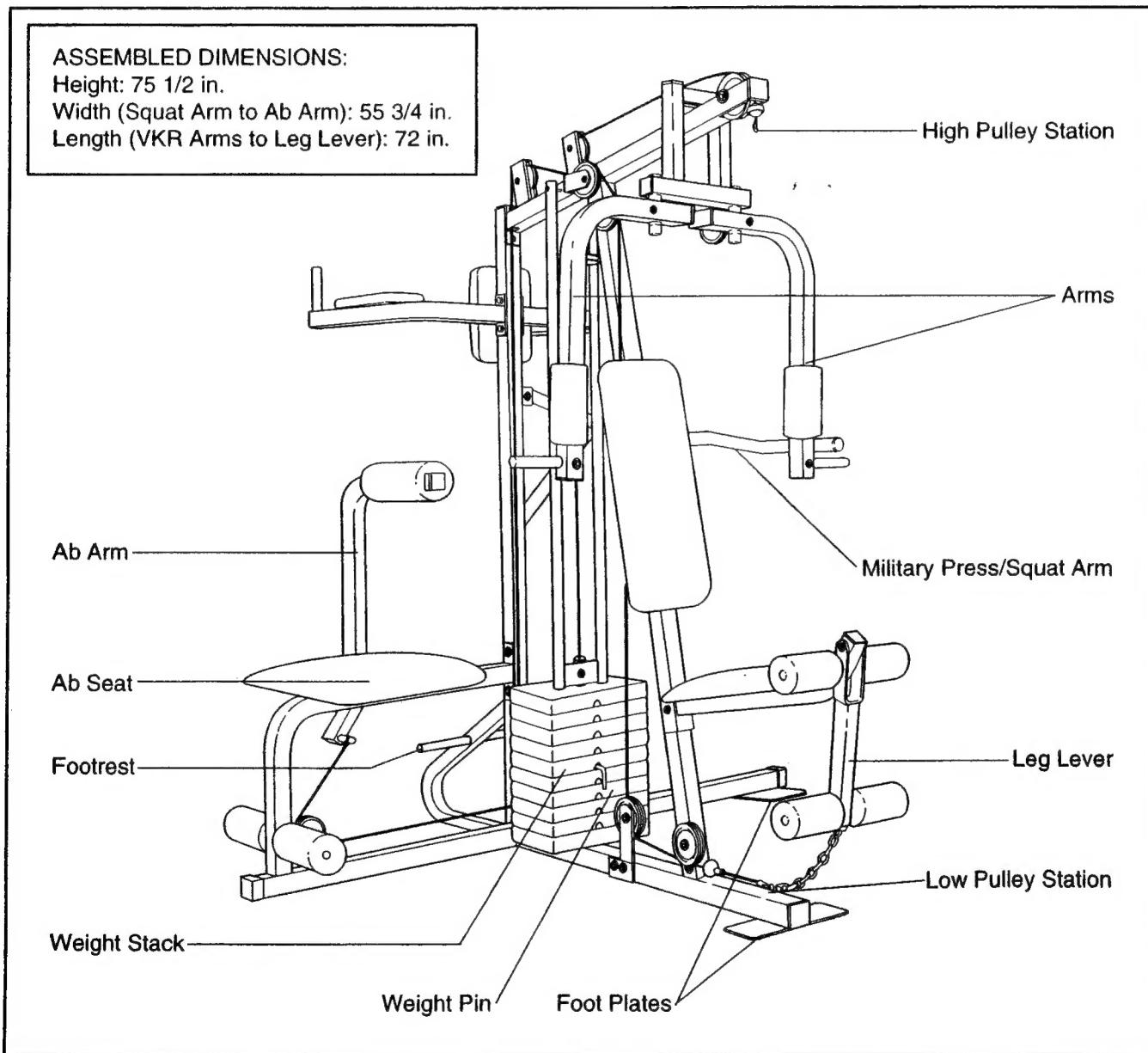
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WEIDER assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 7400 Weight System. The WEIDER 7400 offers an impressive array of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER 7400 will help you to achieve the specific results you want.

**For your safety and benefit, read this manual carefully before using the WEIDER 7400 weight system.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WG74000. The serial number can be found on a decal attached to the WEIDER 7400 (see the front cover of this owner's manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



# ASSEMBLY

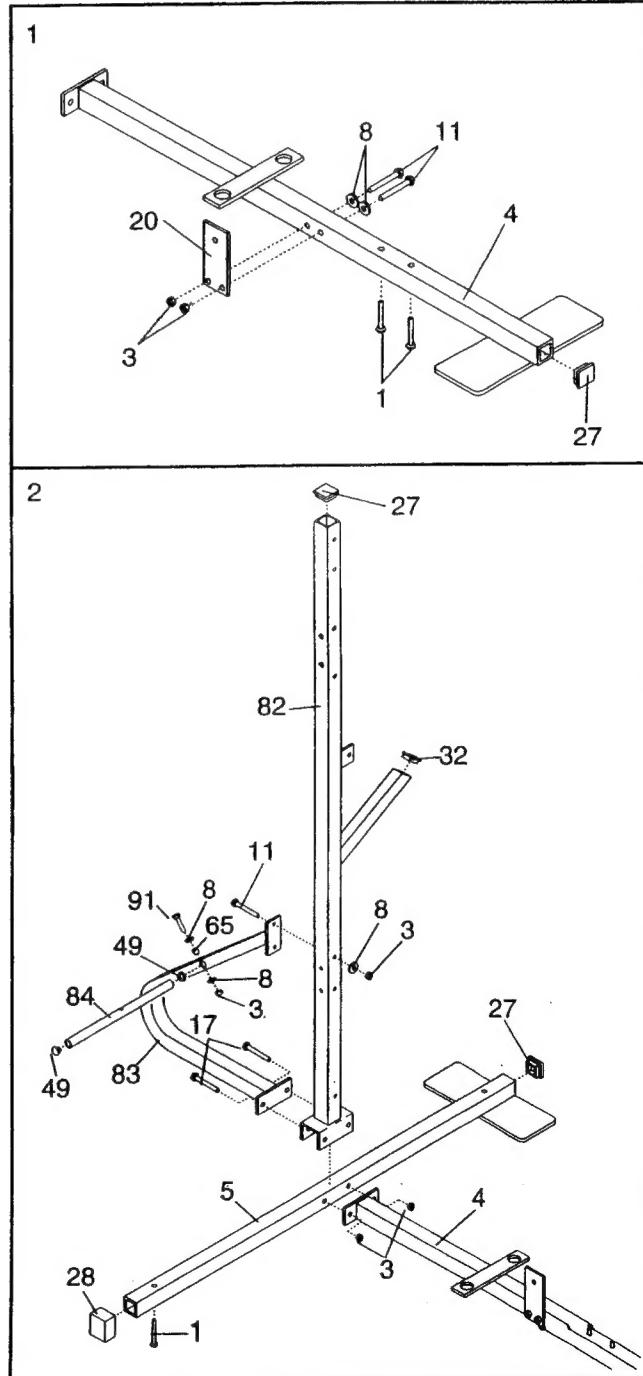
Assembly requires two people. Due to the size and weight of the weight system, it should be assembled in the location where it will be used. Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Before beginning assembly, read each step and look at each drawing carefully. As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings. Tighten all nuts and bolts as you attach them, unless instructed to do otherwise. For help identifying the small parts used in assembly, refer to the PART IDENTIFICATION CHART accompanying this owner's manual. Note: Some parts have been pre-attached for shipping purposes, and may need to be tightened. If a part cannot be found in the part bags, check to see if it has been pre-attached.

The following tools (not included) are required: Two adjustable wrenches, a standard screwdriver, a phillips screwdriver and two rubber mallets. Grease and a small bowl of soapy water are also needed.

1. Press a 2" Inner Cap (27) into the Base (4).

Attach the Pulley Plate (20) to the Base (4) with the two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8) and two 5/16" Nylock Nuts (3).

Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (4).



2. Press a 2" Inner Cap (27) into the Stabilizer (5). Press a 2" Outer Cap (28) onto the Stabilizer. Insert a 5/16" x 2 1/2" Carriage Bolt (1) up through the Stabilizer.

Press a 2" Inner Cap (27) and 1 1/2" Inner Cap (32) into the Rear Upright (82).

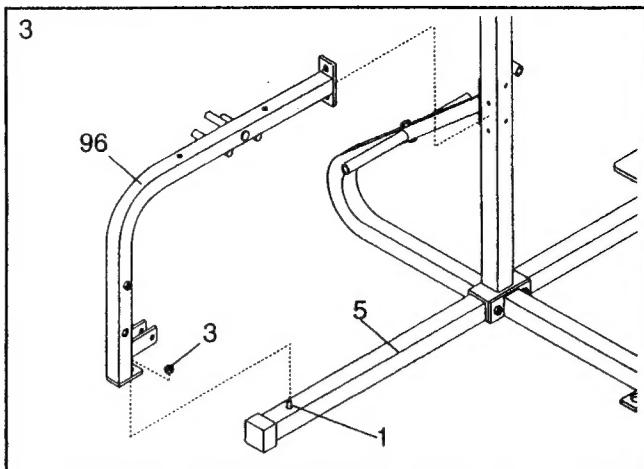
Slide the bracket on the lower end of the Rear Upright (82) onto the Stabilizer (5). Align the holes in the bracket with the holes in the Stabilizer.

Attach the Rear Upright (82), the Footrest Frame (83) and the Base (4) to the Stabilizer (5) with two 5/16" x 3" Bolts (17) and 5/16" Nylock Nuts (3). Do not tighten the Nylock Nuts yet.

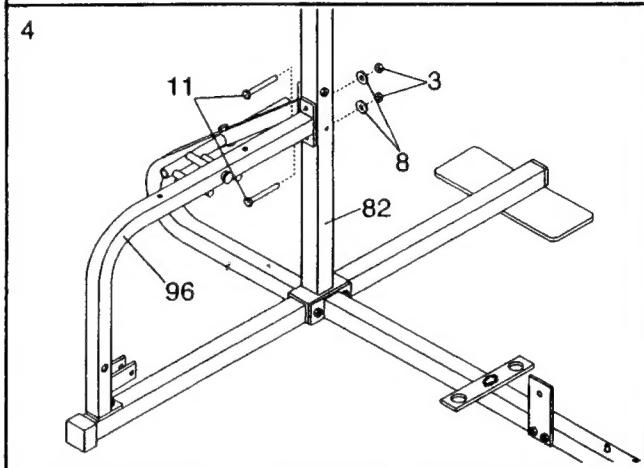
Attach the upper end of the Footrest Frame (83) to the Rear Upright (82) with a 5/16" x 2 3/4" Bolt (11), 5/16" Flat Washer (8) and 5/16" Nylock Nut (3).

Press a 1" Round Cap (49) into each end of the 12 1/2" Footrest (84). Center the Footrest in the Footrest Frame (83). Attach the Footrest to the Frame with a 5/16" x 2" Bolt (91), two 5/16" Flat Washers (8), the 1/2" x 1/4" Spacer (65) and a 5/16" Nylock Nut (3).

3. Slide the Ab Frame (96) onto the 5/16" x 2 1/2" Carriage Bolt (1) in the Stabilizer (5). Attach the Ab Frame to the Stabilizer with a 5/16" Nylock Nut (3). **Do not tighten the Nylock Nut yet.**

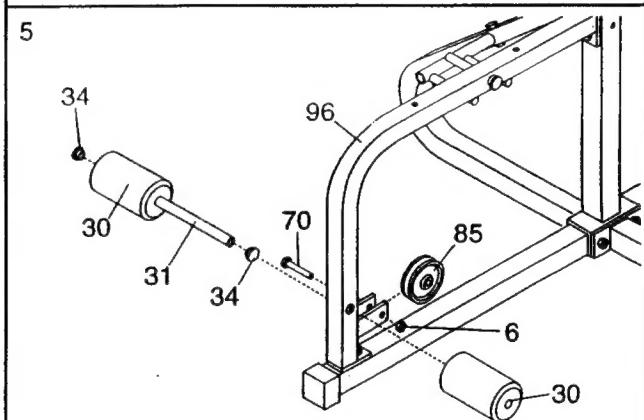


4. Attach the Ab Frame (96) to the Rear Upright (82) with two 5/16" x 2 3/4" Bolts (11), 5/16" Flat Washers (8) and 5/16" Nylock Nuts (3). **Do not tighten the Nylock Nuts yet.**



5. Press a 3/4" Inner Cap (34) into each end of a 13" Pad Tube (31). Insert the Pad Tube into the Ab Frame (96). Slide a 5 3/4" Pad (30) onto each end of the Pad Tube.

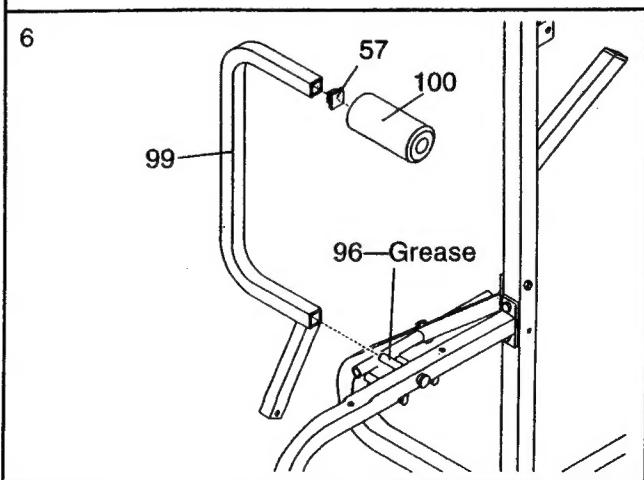
Attach a Wide 3 1/2" "V" Pulley (85) to the bracket on the Ab Frame (96) with the 3/8" x 2 1/2" Bolt (70) and a 3/8" Jam Nut (6).



6. Press a 1 1/4" Cap (57) into the Ab Arm (99).

Wet the upper end of the Ab Arm (99) and the inside of the 10" Pad (100) with soapy water. Slide the 8" Pad onto the Ab Arm.

Grease the axle on the Ab Frame (96). Slide the Ab Arm (99) onto the axle. The lower end of the Ab Arm must be between the two pins welded to the underside of the Ab Frame.



7. Insert a 1/4" x 2 1/4" Carriage Bolt (38) through a Seat Plate (37). Attach the Seat Plate to the wide end of the Ab Seat (97) with two 1/4" x 3/4" Screws (18) as shown.

Insert the 1/4" x 2 1/4" Carriage Bolt (38) through the indicated hole in the Ab Frame (96). Tighten a 1/4" Nylock Nut (7), with a 1/4" Flat Washer (10), onto the Carriage Bolt.

Attach the other end of the Seat (13) with a 1/4" x 2 1/4" Screw (103) and a 1/4" Flat Washer (10).

8. Press a 1 1/4" Inner Cap (57) into the front Upright (42).

Attach the 1" Plastic Stop (64) to the Stop Bracket (63) with a 5/16" x 1 1/2" Bolt (24) and 5/16" Nylock Nut (3).

Attach the Stop Bracket (63) to the Front Upright (42) with the 5/16" x 2" Bolt (91), a 5/16" Flat Washer (8) and a 5/16" Nylock Nut (3).

Slide the Front Upright (42) onto the two 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Attach the Front Upright to the Base with two 5/16" Nylock Nuts (3). **Do not tighten the Nylock Nuts yet.**

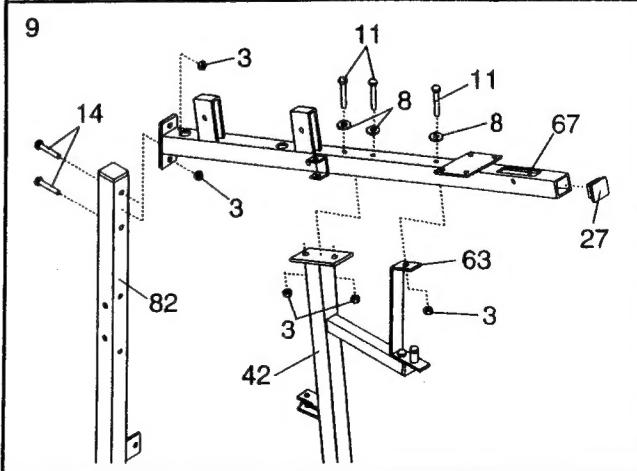
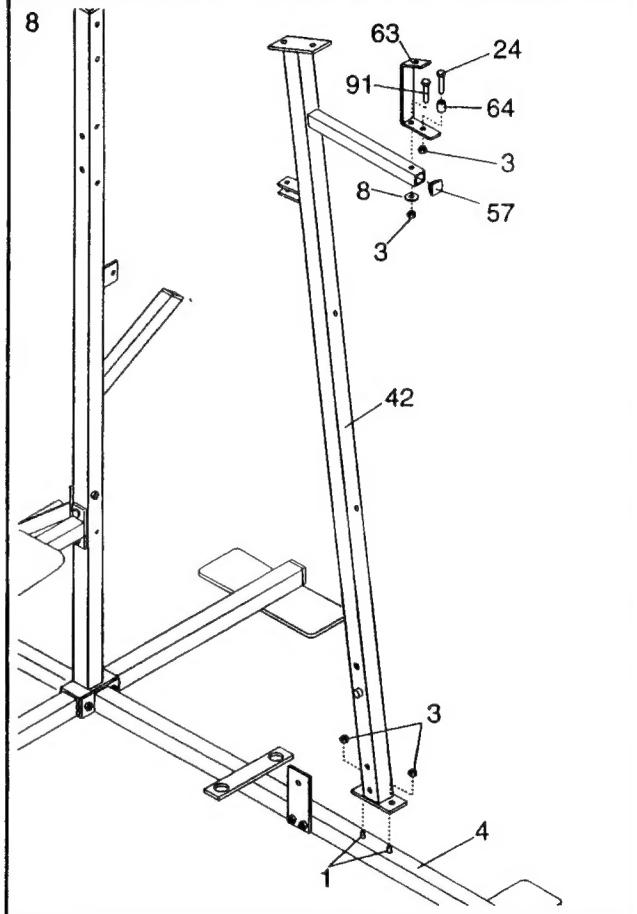
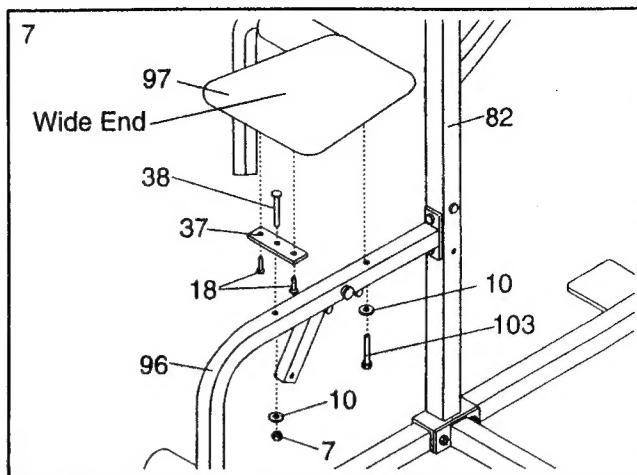
9. Press a 2" Inner Cap (27) into the Top Frame (67).

Attach the Top Frame (67) to the top of the Front Upright (42) with two 5/16" x 2 3/4" Bolts (11), 5/16" Flat Washers (8) and 5/16" Nylock Nuts (3). **Do not tighten the Nylock Nuts yet.**

Attach the Top Frame (67) to the Stop Bracket (63) with a 5/16" x 2 3/4" Bolt (11), 5/16" Flat Washer (8) and 5/16" Nylock Nut (3). **Do not tighten the Nylock Nut yet.**

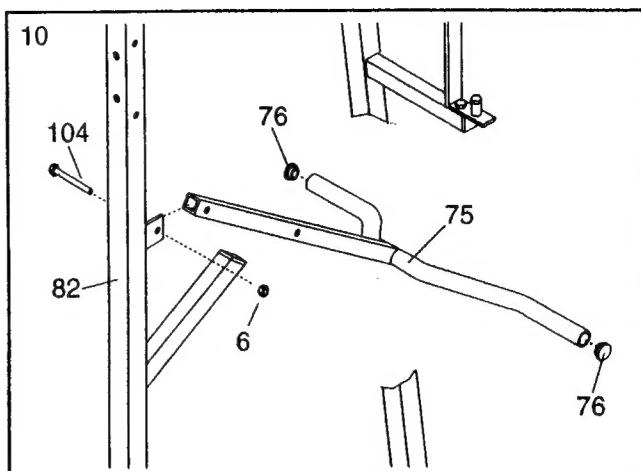
Attach the Top Frame (67) to the Rear Upright (82) with two 5/16" x 2 3/4" Carriage Bolts (14) and two 5/16" Nylock Nuts (3).

**Tighten all Nylock Nuts used in steps 2 to 9.**



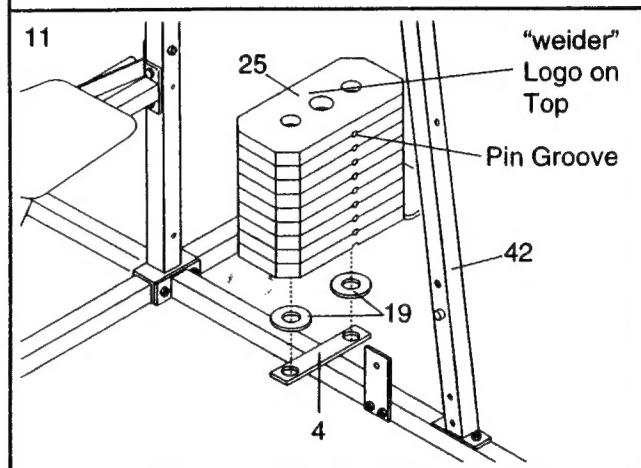
10. Press the two 1 1/4" Round Caps (76) into the Military Press/Squat Arm (75).

Attach the Military Press/Squat Arm (75) to the bracket on the side of the Rear Upright (82) with a 3/8" x 2 3/4" Bolt (104) and 3/8" Nylock Nut (6).



11. Set the two Weight Bumpers (19) on the indicated plate on the Base (4). Align the holes in the Weight Bumpers with the holes in the plate.

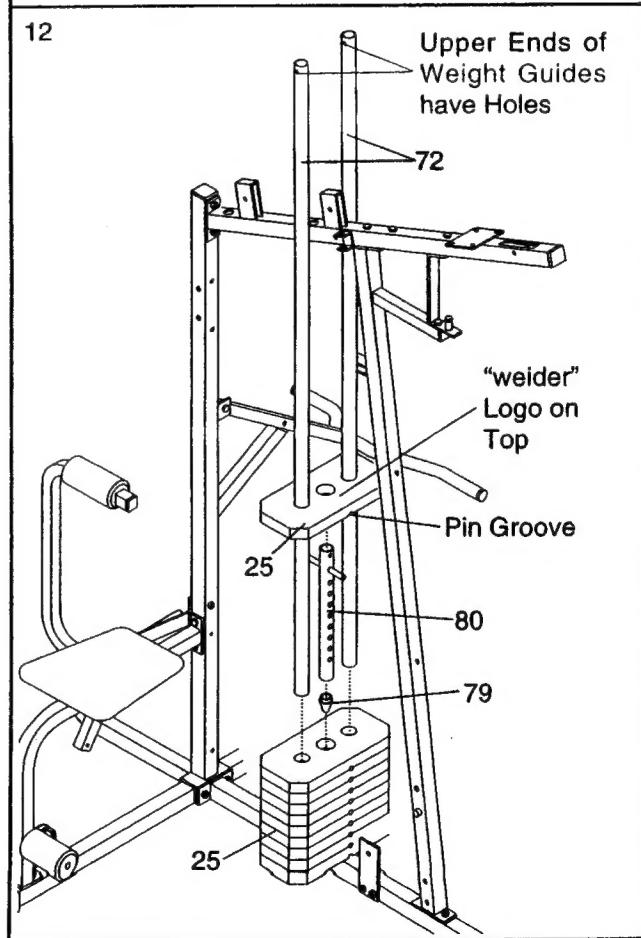
Stack nine Weights (25) on the Weight Bumpers (19). Each Weight must be turned so the "weider" logo is on top, and the pin groove is facing the Front Upright (42). The holes in the Weights must be aligned with the holes in the Weight Bumpers. **CAUTION: Be careful to avoid tipping the stack of Weights until step 12 is completed.**



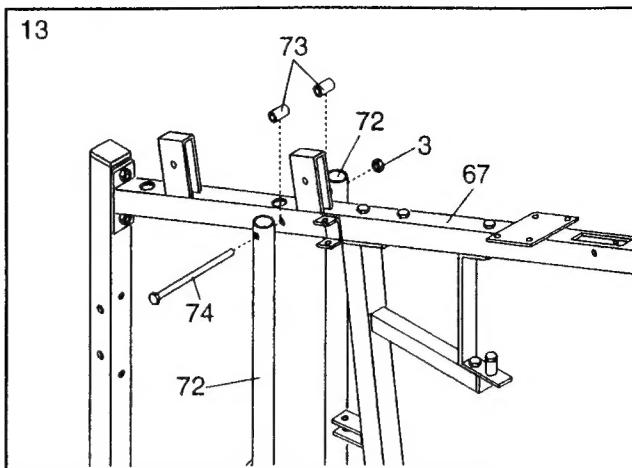
12. Press the Weight Tube Bumper (79) into the Weight Tube (80).

Insert the Weight Tube (80) into the stack of Weights (25). Slide the tenth Weight (25) onto the upper end of the Weight Tube. The Weight must be turned so the "weider" logo is on top. The Weight Tube must be turned so the welded pin is in the pin groove in the Weight.

The top ends of the Weight Guides (72) have holes through them—insert the lower ends of the Weight Guides into the ten Weights (25).

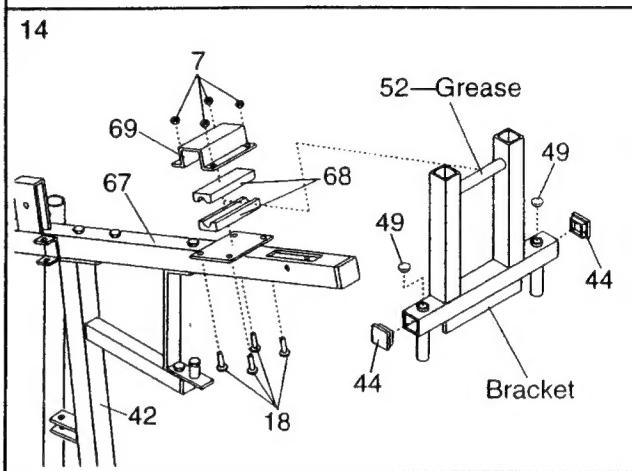


13. Attach the upper ends of the Weight Guides (72) to the Top Frame (67) with the 5/16" x 6" Bolt (74), the two 1/2" x 3/4" Spacers (73) and a 5/16" Nylock Nut (3).



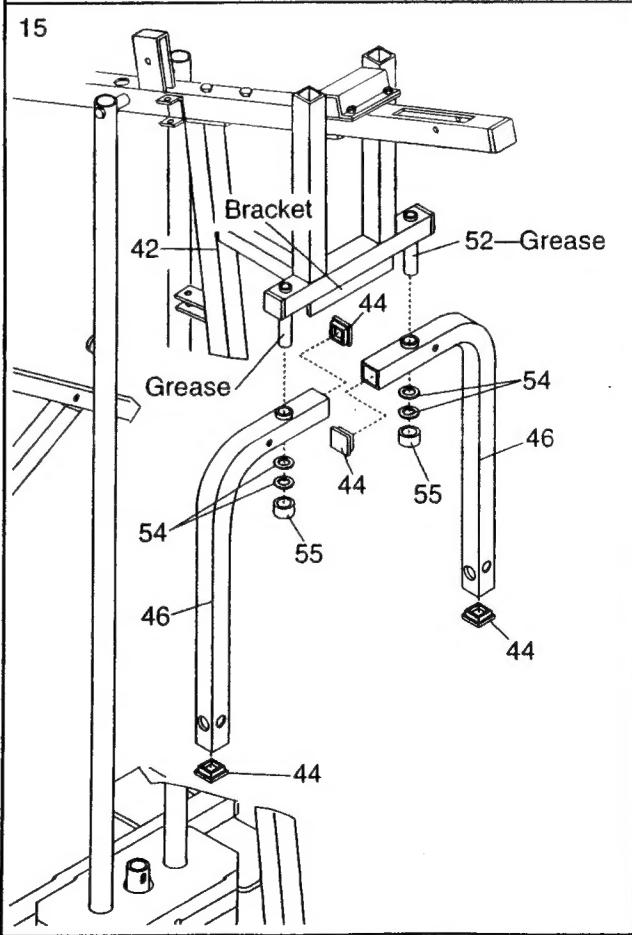
14. Press two 1 3/4" Inner Caps (44) and 1" Round Caps (49) into the Arm Frame (52).

Apply grease to the upper axle on the Arm Frame (52). Hold the axle between the two Arm Frame Bushings (68). Set the Arm Frame Bushings and the Arm Frame on the plate welded to the top of the Top Frame (67). The Arm Frame must be turned so the bracket is facing away from the Front Upright (42). Place the Arm Frame Bracket (69) over the Arm Frame Bushings. Attach the Arm Frame Bracket to the Top Frame with four 1/4" x 3/4" Screws (18) and 1/4" Nylock Nuts (7).

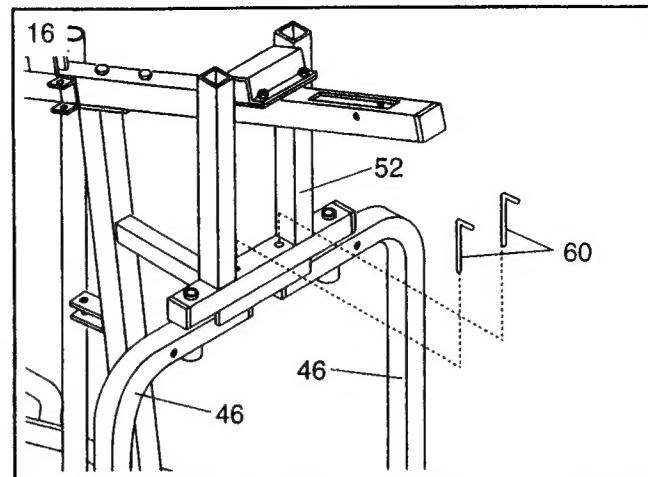


15. Press two 1 3/4" Inner Caps (44) into each of the Arms (46).

Apply grease to the lower axles on the Arm Frame (52). Slide an Arm (46) onto one of the axles. The upper end of the Arm must be between the Front Upright (42) and the bracket on the Arm Frame. Hold two 1" Retainers (54) and a 1" Round Cap (55) against the lower end of the axle. The teeth on the Retainers must bend toward the Round Cap. Tap the Retainers and Round Cap onto the axle.



16. Insert the two 4 1/2" "L" Pins (60) down through the indicated holes in the Arm Frame (52) and the Arms (46).



17. Wet the lower ends of the Arms (46) and the insides of the two 7" Pads (45) with soapy water. Slide a Pad about halfway up each Arm.

Press a 1" Round Cap (49) into a 7" Handle (47) with a Handgrip (48).

Insert the 7" Handle (47) into one of the Arms (46). Attach the Handle to the Arm with a 5/16" x 2 1/4" Bolt (33), two 5/16" Flat Washers (8), a 1/2" x 3/8" Spacer (51) and a 5/16" Nylock Nut (2).

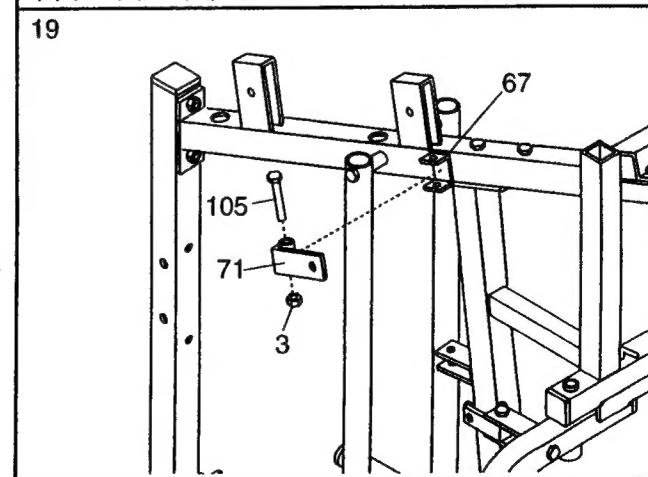
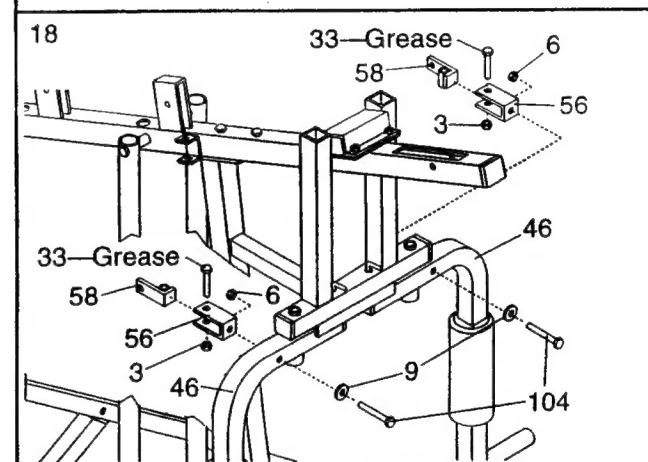
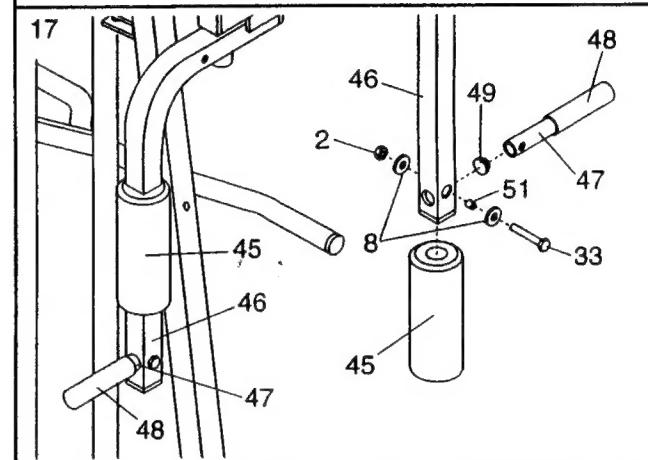
Attach a 7" Handle (47) with a Handgrip (48) to the other Arm (46) in the same manner.

18. Attach a Large "U" Bracket (56) to one of the Arms (46) with a 3/8" x 2 3/4" Bolt (104), 3/8" Flat Washer (9) and 3/8" Jam Nut (6).

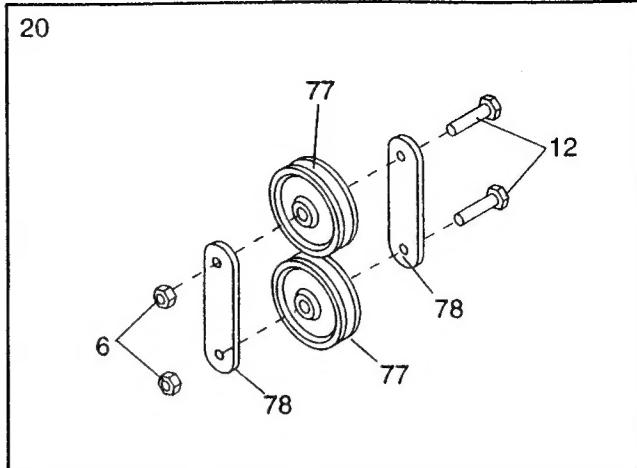
Grease a 5/16" x 2 1/4" Bolt (33). Attach a Narrow Swivel Bracket (58) to the Large "U" Bracket (56) with the Bolt and 5/16" Nylock Nut (3). Do not overtighten the Nylock Nut; the Narrow Swivel Bracket must be able to swivel freely.

Attach a Large "U" Bracket (56) and Narrow Swivel Bracket (58) to the other Arm (46) in the same manner.

19. Attach the Wide Swivel Bracket (71) to the bracket on the side of the Top Frame (67) with the 5/16" x 3 1/4" Bolt (105) and a 5/16" Nylock Nut (3). Do not overtighten the Nylock Nut; the Wide Swivel Bracket must be able to swivel freely.

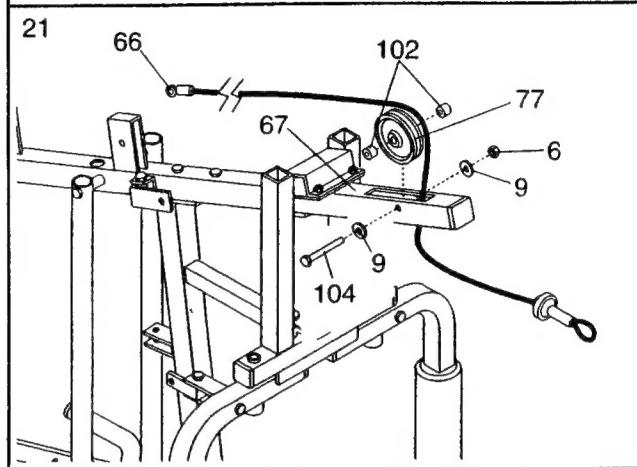


20. Attach the two "I" Plates (78) to two 4 1/2" Pulleys (77) with the two 3/8" x 1 3/4" Bolts (12) and two 3/8" Nylock Nuts (6).



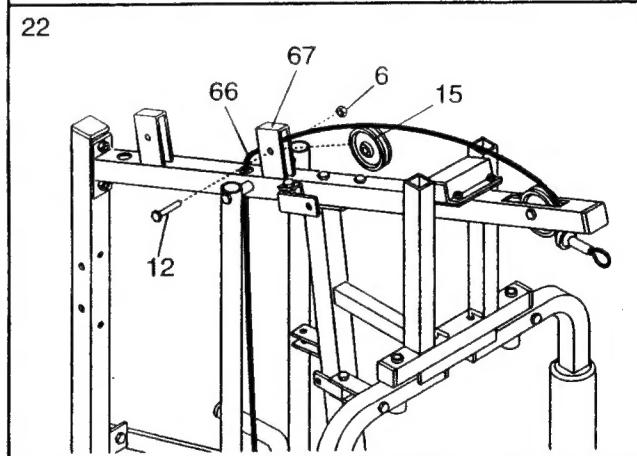
21. Find the end of the Long Cable (66) that has a metal eyelet on it. Insert that end of the Long Cable up through the slot in the Top Frame (67). Slide the flat washer and rubber ball against the other end of the Long Cable.

Lay the Long Cable (66) over a 4 1/2" Pulley (77). Attach the Pulley and the two 1/2" x 1/2" Spacers (102) inside the Top Frame (67) with a 3/8" x 2 3/4" Bolt (104), two 3/8" Flat Washers (9) and a 3/8" Nylock Nut (6).



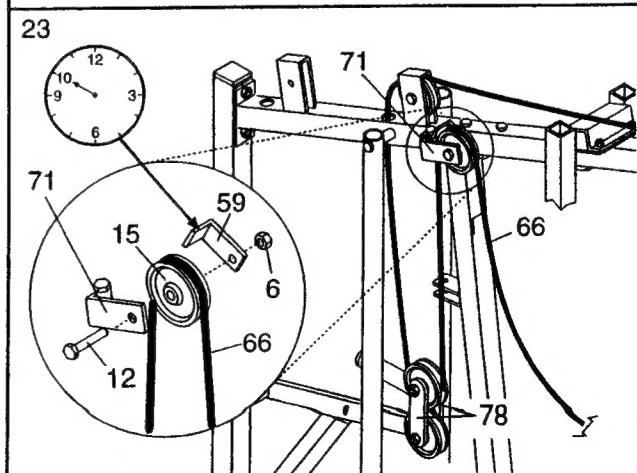
22. Insert the end of the Long Cable (66) through the indicated bracket on the Top Frame (67), and down through the indicated hole in the Top Frame.

Hold a 3 1/2" Pulley (15) inside the indicated bracket on the Top Frame (67). The Long Cable (66) must be between the Pulley and the top of the bracket. Attach the Pulley to the bracket with a 3/8" x 1 3/4" Bolt (12) and 3/8" Nylock Nut (6).

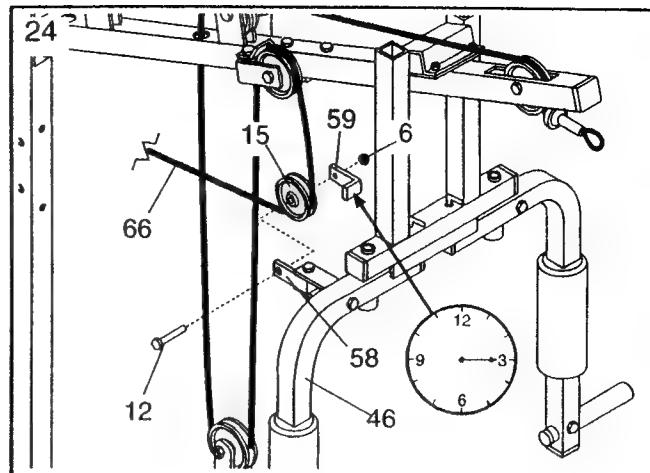


23. Insert the Long Cable (66) between the "I" Plates (78).

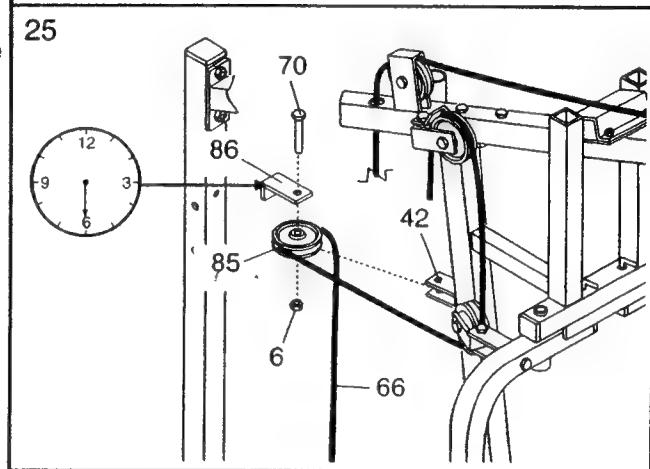
Lay the Long Cable (66) over a 3 1/2" Pulley (15) (see the inset drawing). Attach the Pulley and a Cable Trap (59) to the Wide Swivel Bracket (71) with a 3/8" x 1 3/4" Bolt (12) and 3/8" Nylock Nut (6). The Cable Trap must be turned to the "10 o'clock" position.



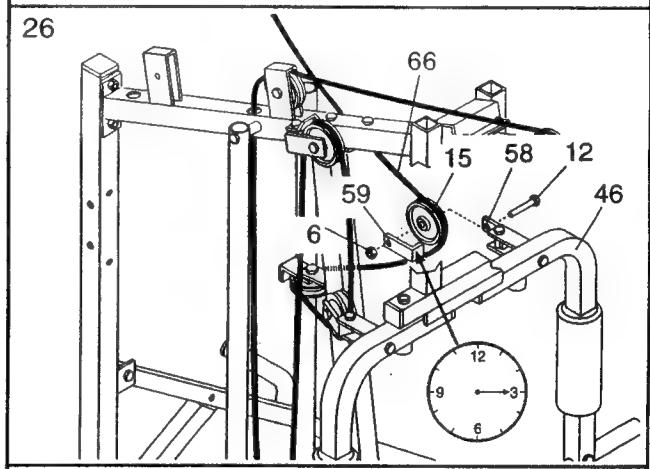
24. Wrap the Long Cable (66) down around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (59) to the Narrow Swivel Bracket (58) on the right Arm (46) with a 3/8" x 1 3/4" Bolt (12) and 3/8" Nylock Nut (6). The Cable Trap must be turned to the "3 o'clock" position.



25. Wrap the Long Cable (66) around a Wide 3 1/2" V-Pulley (85). Attach the Wide V-Pulley and the Wide Cable Trap (86) to the indicated bracket on the Front Upright (42) with a 3/8" x 2 1/2" Bolt (70) and 3/8" Nylock Nut (6). The Cable Trap must be pointed directly away from the Front Upright.

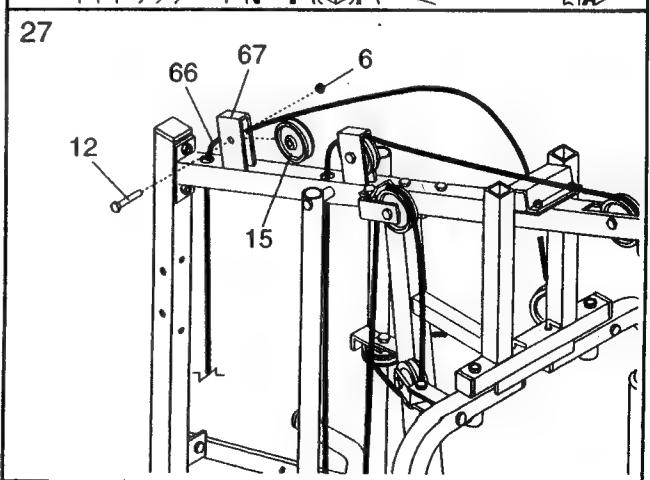


26. Wrap the Long Cable (66) up around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (59) to the Narrow Swivel Bracket (58) on the left Arm (46) with a 3/8" x 1 3/4" Bolt (12) and 3/8" Nylock Nut (6). The Cable Trap must be turned to the "3 o'clock" position.

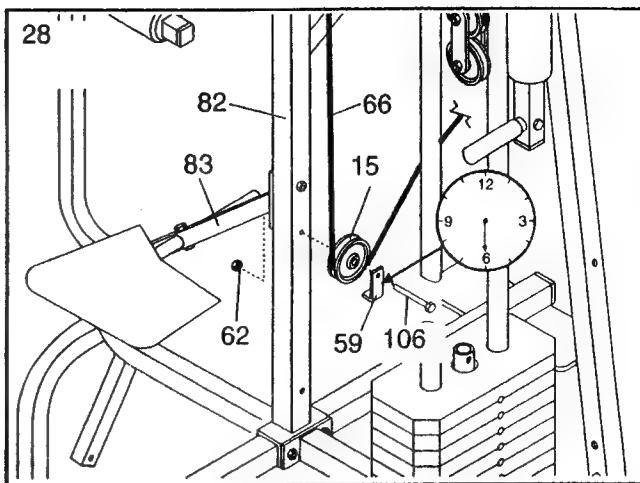


27. Insert the end of the Long Cable (66) through the indicated bracket on the Top Frame (67), and down through the indicated hole in the Top Frame.

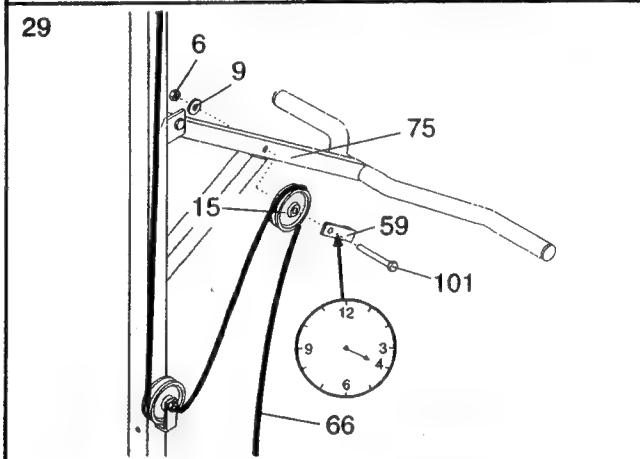
Hold a 3 1/2" Pulley (15) inside the indicated bracket on the Top Frame (67). The Long Cable (66) must be between the Pulley and the top of the bracket. Attach the Pulley to the bracket with a 3/8" x 1 3/4" Bolt (12) and 3/8" Nylock Nut (6).



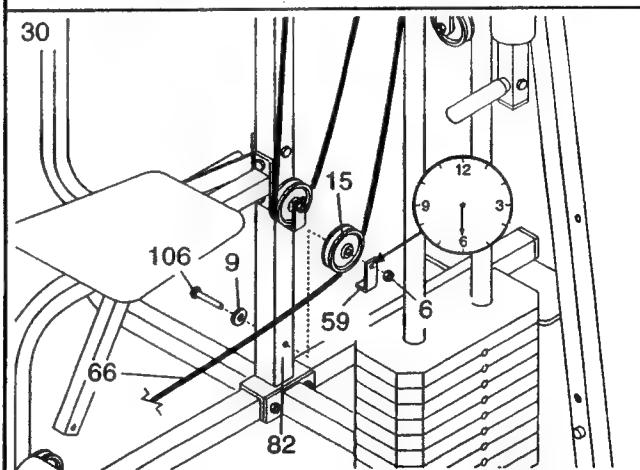
28. Wrap the Long Cable (66) under a 3 1/2" Pulley (15). Insert the 3/8" x 3 3/4" Bolt (106) through a Cable Trap (59) and the Pulley. Insert the Bolt through the Rear Upright (82) and the Footrest Frame (83). Tighten a Thin 3/8" Jam Nut (62) onto the Bolt. Note: The Cable Trap must be turned to the "6 o'clock" position. Do not overtighten the Jam Nut, the Pulley must turn freely.



29. Lay the Long Cable (66) over a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (59) to the Military Press/Squat Arm (75) with a 3/8" x 3 1/4" Bolt (101), 3/8" Flat Washer (9) and 3/8" Nylock Nut (6). The Cable Trap must be turned to the "4 o'clock" position.



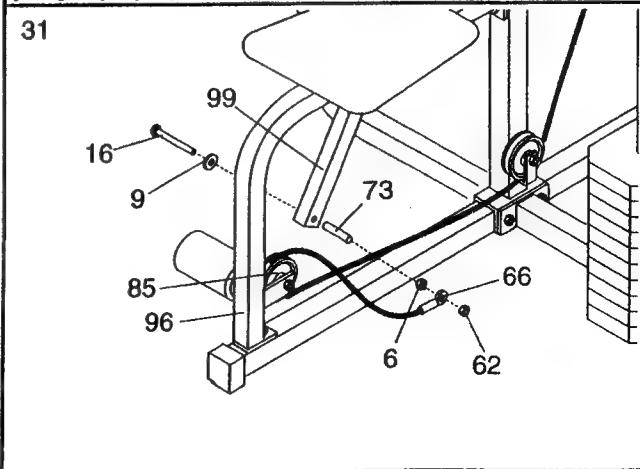
30. Wrap the Long Cable (66) under a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (59) to the Rear Upright (82) with a 3/8" x 3 3/4" Bolt (106), 3/8" Flat Washer (9) and 3/8" Nylock Nut (6). The Cable Trap must be turned to the "6 o'clock" position.



31. Route the Long Cable (66) up around the 3 1/2" V-Pulley (85) attached to the Ab Frame (96).

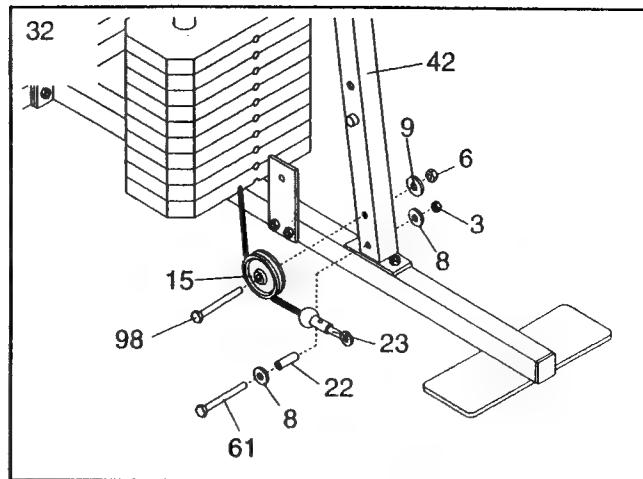
Insert the 3/8" x 3" Bolt (16), with a 3/8" Flat Washer (9), through the lower end of the Ab Arm (99). Slide the 3/4" Spacer (73) onto the Bolt and tighten a 3/8" Nylock Nut (6) onto the Bolt.

Slide the end of the Long Cable (66) onto the 3/8" x 3" Bolt (16) and tighten a Thin 3/8" Jam Nut (62) onto the Bolt. Do not overtighten the Jam Nut, the Cable must be able to swivel freely.

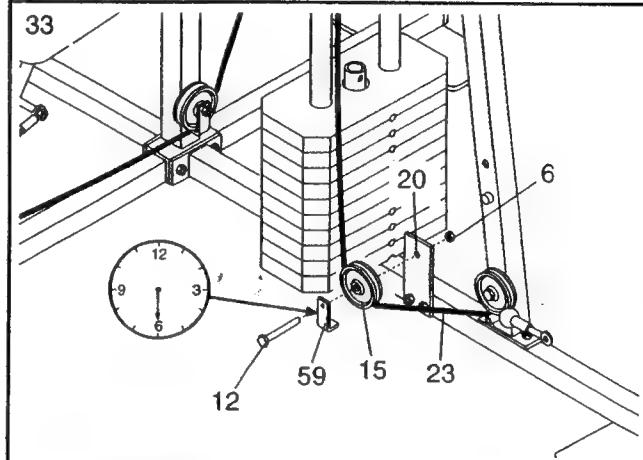


32. Attach the 5/16" x 3 1/2" Bolt (61), two 5/16" Flat Washers (8), the 1" Metal Spacer (22) and a 5/16" Nylock Nut (3) to the lower end of the Front Upright (42) as shown.

Wrap the indicated end of the Short Cable (23) under a 3 1/2" Pulley (15). Attach the Pulley to the Front Upright (42) with the 3/8" x 3 1/2" Bolt (98), 3/8" Flat Washer (9) and 3/8" Nylock Nut (6). The Short Cable must be between the Pulley and the Metal Spacer (22).



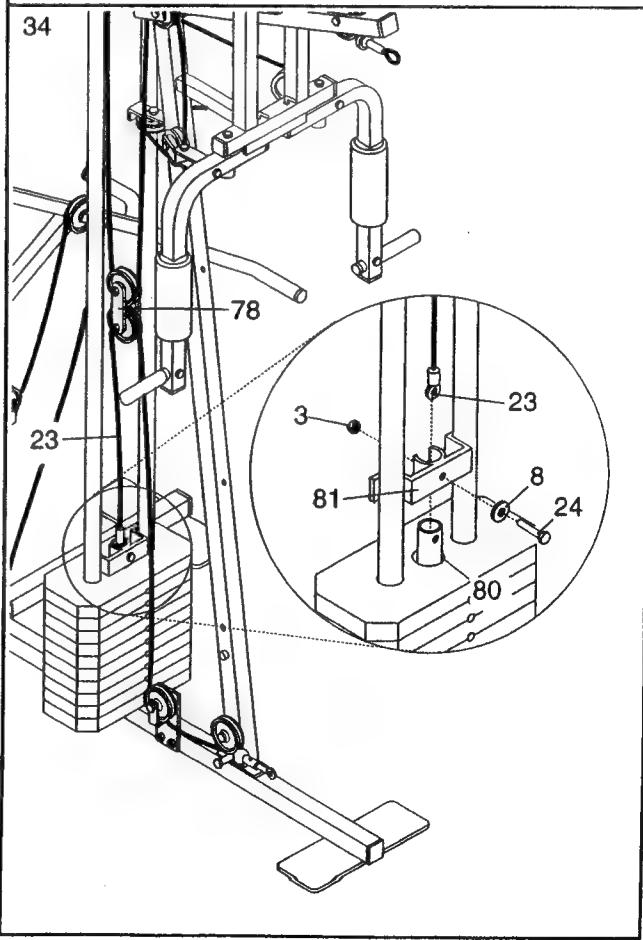
33. Wrap the Short Cable (23) up around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (59) to the Pulley Plate (20) with a 3/8" x 1 3/4" Bolt (12) and 3/8" Nylock Nut (6). The Cable Trap must be turned to the "6 o'clock" position.



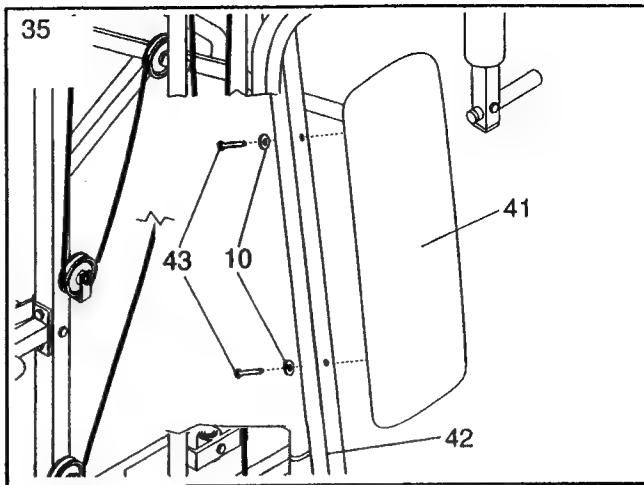
34. Insert the Short Cable (23) between the "I" Plates (78).

Insert the end of the Short Cable (23) into the upper end of the Weight Tube (80) (see the inset drawing). Slide the Weight Guide (81) onto the top of the Weight Tube as shown. Insert a 5/16" x 1 1/2" Bolt (24), with a 5/16" Flat Washer (8), through the Weight Guide, the Weight Tube and the end of the Short Cable. Tighten a 5/16" Nylock Nut (3) onto the Bolt.

Before the weight system is used, the cables should be tightened. See TIGHTENING THE CABLES on page 19 for instructions.



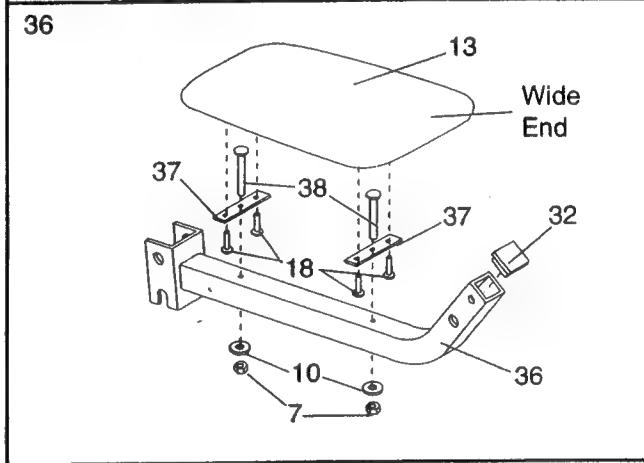
35. Attach the Large Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and 1/4" Flat Washers (10).



36. Press a 1 1/2" Inner Cap (32) into the Seat Frame (36).

Insert 1/4" x 2 1/4" Carriage Bolts (38) through the centers of two Seat Plates (37). Attach the Seat Plates to the Seat (13) with four 1/4" x 3/4" Screws (18).

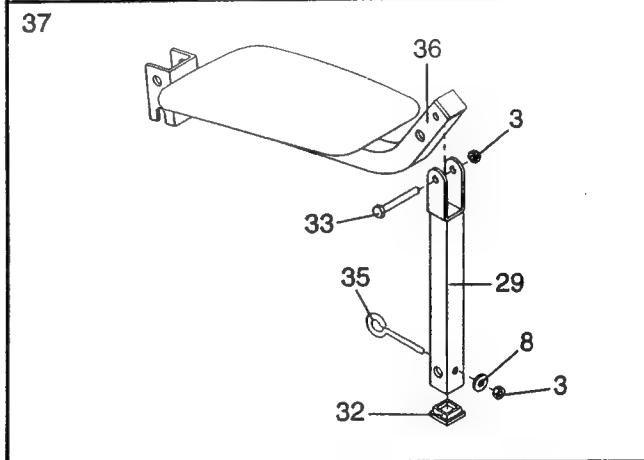
Insert the two 1/4" x 2 1/4" Carriage Bolts (38) down through the Seat Frame (36). The wide end of the Seat (13) must be towards the 1 1/2" Inner Cap (32). Tighten two 1/4" Nylock Nuts (7), with 1/4" Flat Washers (10), onto the Carriage Bolts.



37. Press a 1 1/2" Inner Cap (32) into the Leg Lever (29).

Attach the Leg Lever (29) to the Seat Frame (36) with a 5/16" x 2 1/4" Bolt (33) and 5/16" Nylock Nut (3). No not overtighten the Nylock Nut; the Leg Lever must be able to pivot freely.

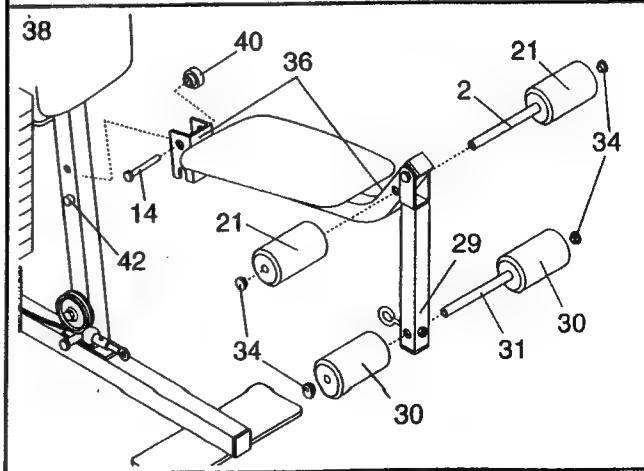
Insert the 5/16" x 2" Eyebolt (35) through the Leg Lever (29) from the indicated side. Slide a 5/16" Flat Washer (8) onto the Eyebolt and tighten a 5/16" Nylock Nut (3) onto the Eyebolt.



38. Set the bracket on the Seat Frame (36) on the indicated pins on the Front Upright (42). Attach the Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and Seat Knob (40).

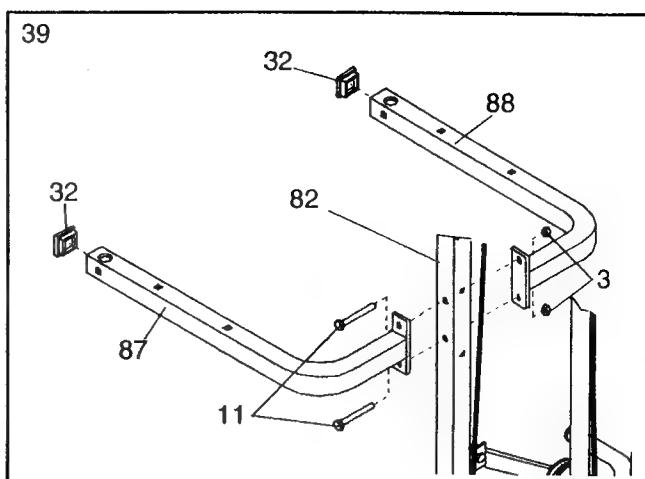
Press two 3/4" Inner Caps (34) into the 13 1/2" Pad Tube (2). Insert the Pad Tube into the Seat Frame (36). Slide a 6" Pad (21) onto each end of the Pad Tube.

Press two 3/4" Inner Caps (34) into the 13" Pad Tube (31). Insert the Pad Tube into the Leg Lever (29). Slide a 6" Pad (30) onto each end of the Pad Tube.



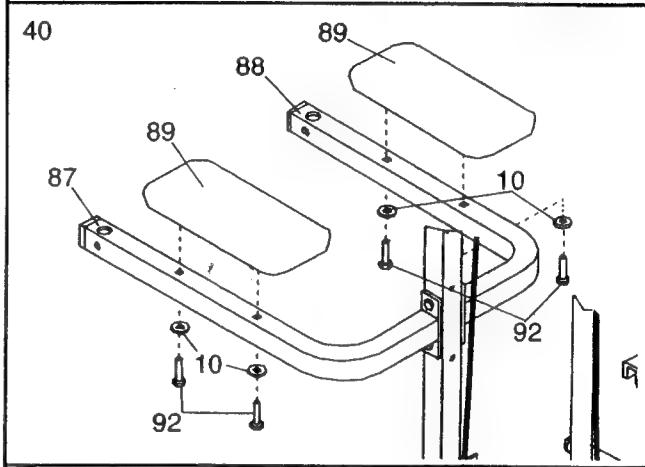
39. Press 1 1/2" Inner Caps (32) into the Left and Right VKR Arms (87, 88).

Attach the Left and Right VKR Arms (87, 88) to the Rear Upright (82) with two 5/16" x 2 3/4" Bolts (11) and 5/16" Nylock Nuts (3).

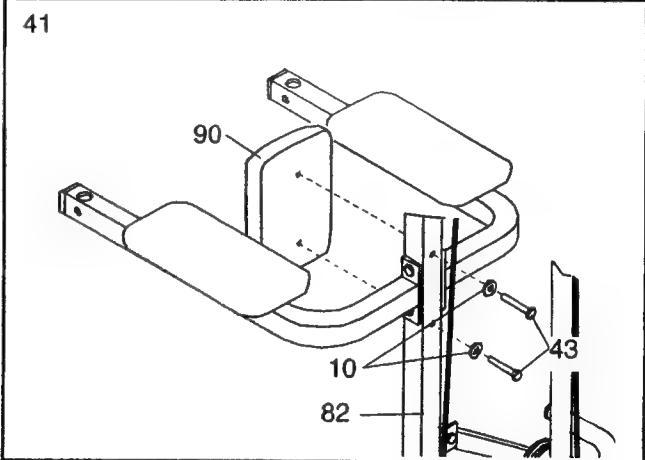


40. Attach a VKR Armrest (89) to the Left VKR Arm (87) with two 1/4" x 2" Screws (92) and 1/4" Flat Washers (10).

Attach a VKR Armrest (89) to the Right VKR Arm (88) in the same manner.



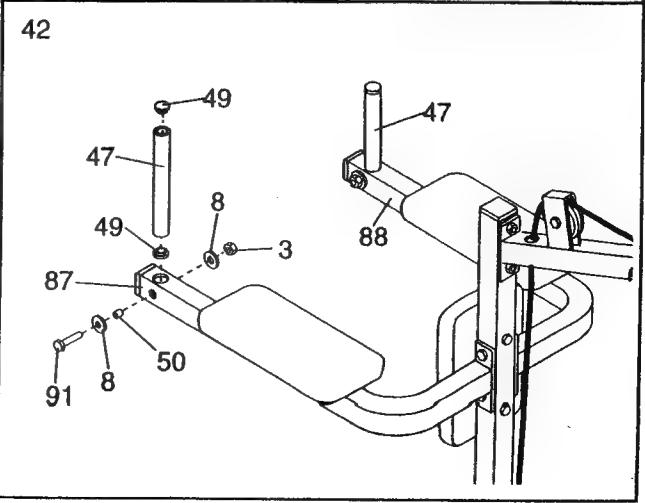
41. Attach the Small Backrest (90) to the Rear Upright with two 1/4" x 2 1/2" Screws (43) and 1/4" Flat Washers (10).



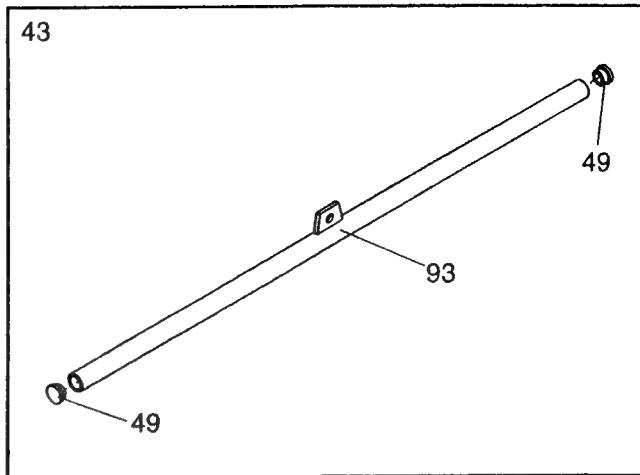
42. Press two 1" Round Caps (49) into a 7" Handle (47).

Insert the 7" Handle (47) into the Left VKR Arm (87). Attach the Handle to the Left VKR Arm with a 5/16" x 2" Bolt (91), two 5/16" Flat Washers (8), a 1/2" x 5/16" Spacer (50) and a 5/16" Nylock Nut (3) as shown.

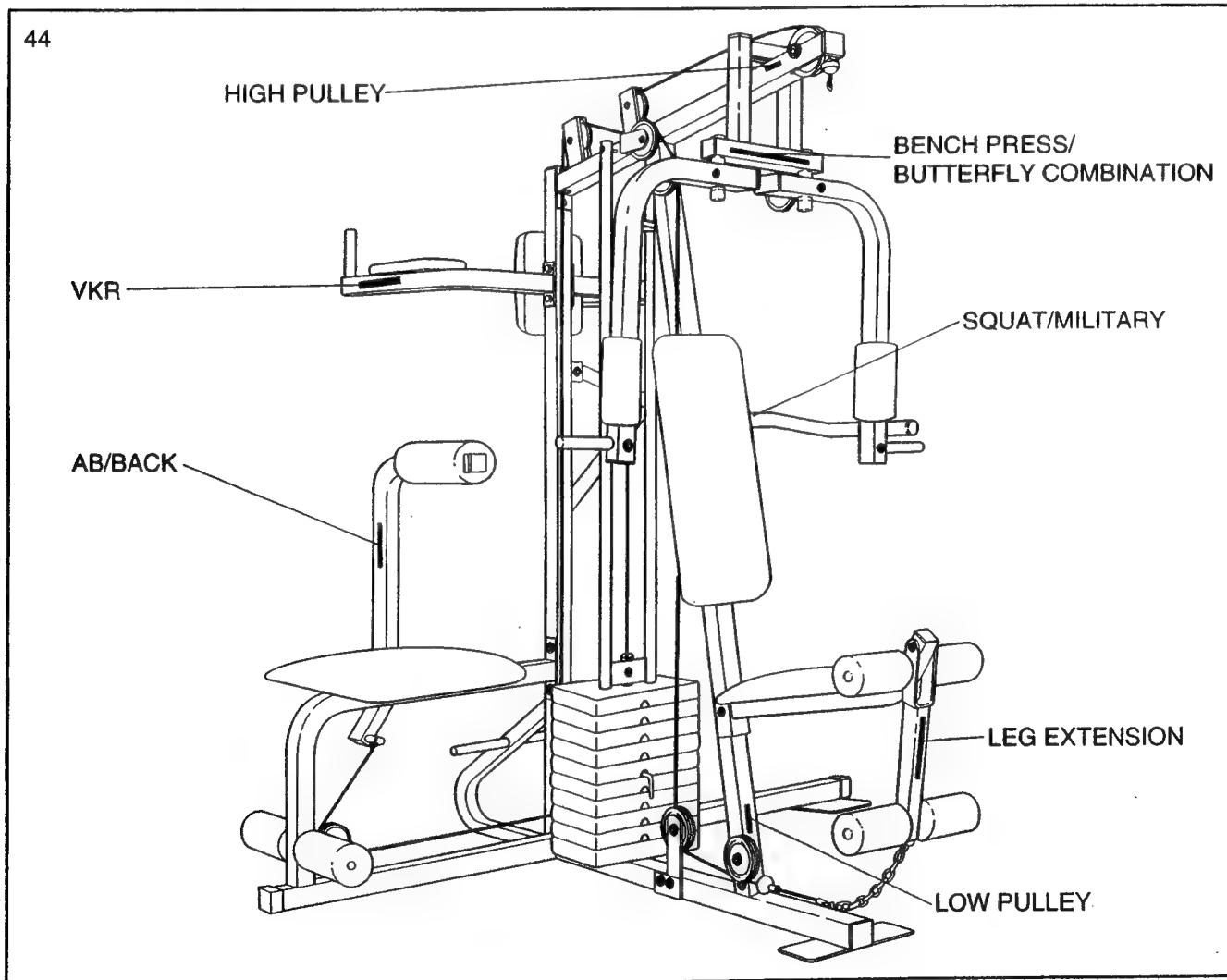
Attach a 7" Handle (47) to the Right VKR Arm (88) in the same manner.



43. Press a 1" Round Cap (49) into each end of the Lat Bar (93).



44. Remove the decals from the Decal Sheet (not shown), and apply them to the weight system in the locations shown in the drawing below.



45. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 17 of this owner's manual. Before using the weight system, test the cables and pulleys. Pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, locate and correct the problem before using the weight system. **IMPORTANT: If the cables are not properly routed, they may be damaged when heavy weight is used.**

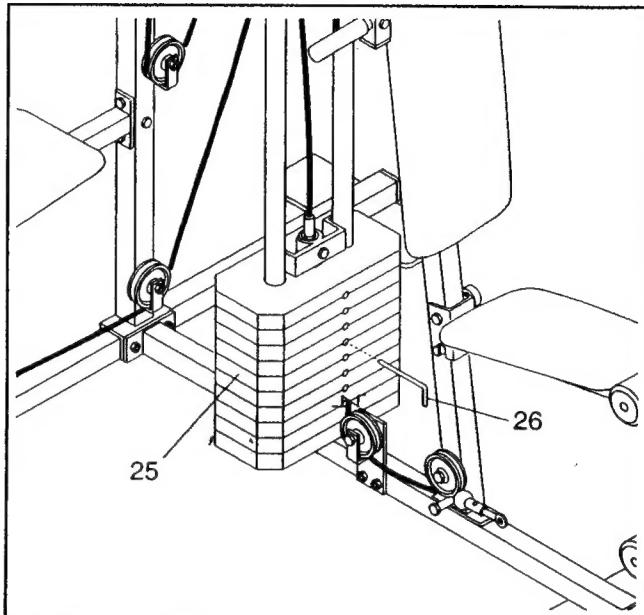
# ADJUSTMENT

The instructions below describe how each part of the weight system can be adjusted. Refer to the EXERCISE GUIDE accompanying this owner's manual to see how the weight system should be set up for each exercise.

**IMPORTANT:** When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cable or chain as an exercise is performed, the effectiveness of the exercise will be reduced.

## CHANGING THE WEIGHT SETTING

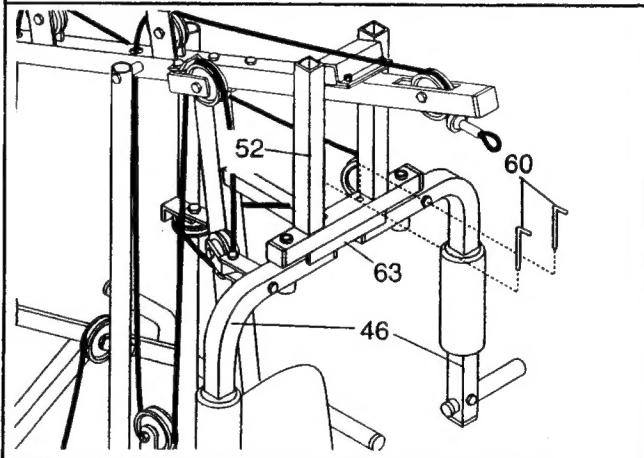
To change the weight setting, insert the 5" Weight Pin (26) under one of the Weights (25). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting can be changed from 12.5 pounds to 125 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station will vary from the weight setting.**



## CONVERTING THE ARMS TO THE PRESS MODE OR THE BUTTERFLY MODE

To perform BENCH PRESS exercises, convert the Arms (46) to the press mode by inserting the two 4 1/2" "L" Pins (60) down through the indicated holes in the Arm Frame (52) and the Arms (46).

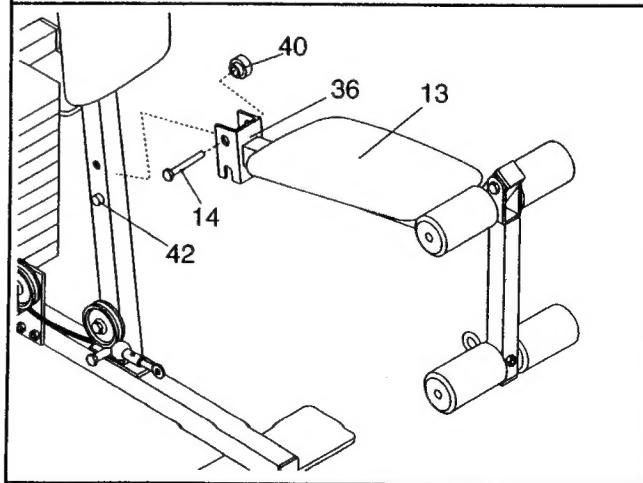
To perform the BUTTERFLY exercise, convert the Arms (46) to the butterfly mode by inserting one of the 4 1/2" "L" Pins (60) down through the hole in the center of the Arm Frame (52) and the Stop Bracket (63). Set the other "L" Pin aside.



## ATTACHING AND REMOVING THE SEAT

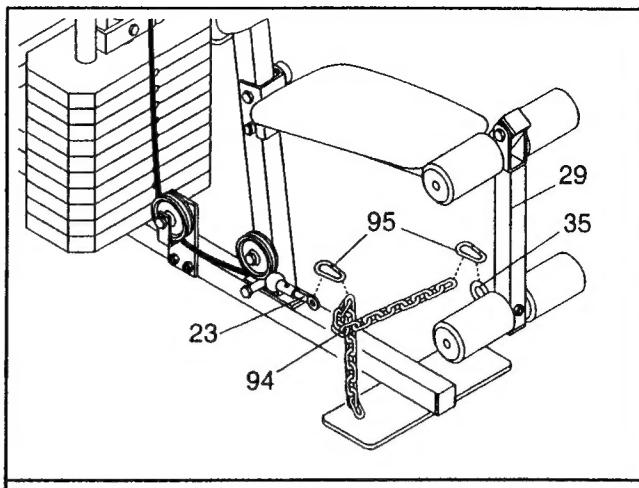
Set the bracket on the Seat Frame (36) on the indicated pins on the Front Upright (42). Attach the Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and Seat Knob (40).

For some exercises, the Seat (13) must be removed. First, make sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and 5/16" x 2 3/4" Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).



## ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

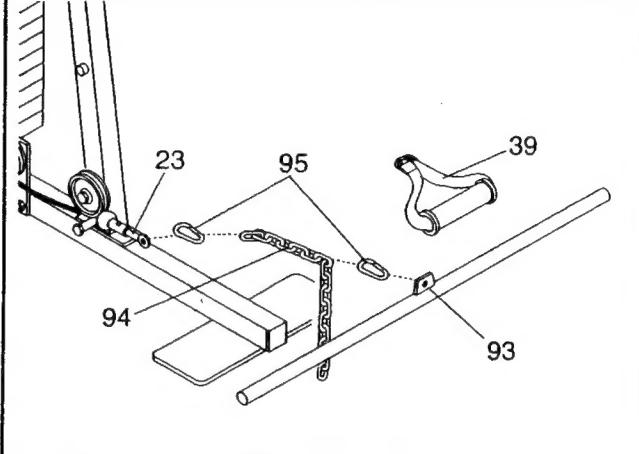
To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT on page 17). Attach the Chain (94) between the Short Cable (23) and the 5/16" x 2" Eyebolt (35) on the Leg Lever with two Cable Clips (95).



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (93) to the Short Cable (23) with a Cable Clip (95). For some exercises, the Chain (94) should be attached between the Lat Bar and the Short Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Short Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

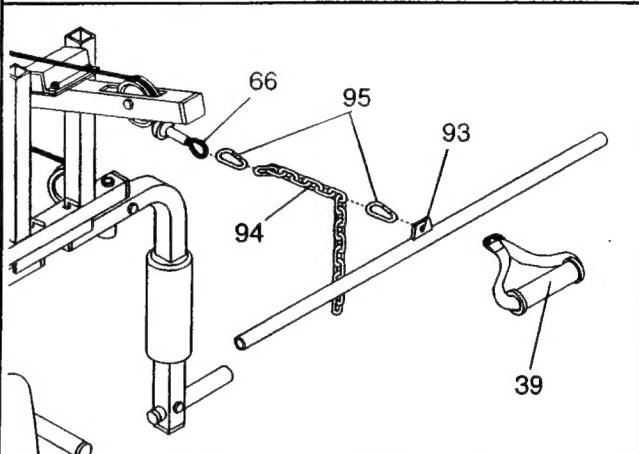
The Nylon Strap (39) can be attached in the same manner.



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (93) to the Long Cable (66) with a Cable Clip (95). For some exercises, the Chain (94) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Nylon Strap (39) can be attached in the same manner.



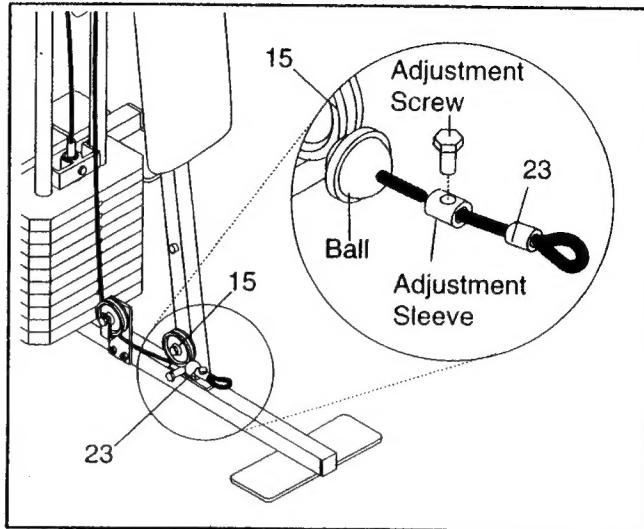
# TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

## TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Locate the adjustment sleeve and adjustment screw near the lower end of the Short Cable (23). Loosen the adjustment screw. Pull the end of the Short Cable until there is no slack. Slide the adjustment sleeve and the ball against the indicated 3 1/2" Pulley (15). Retighten the adjustment screw. Make sure that the cables are not too tight, or the top weight will be lifted off the weight stack.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this owner's manual.



# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WG74000).
2. The NAME of the product (WEIDER® 7400 Weight System).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) from the PART LIST/EXPLODED DRAWING accompanying this owner's manual.

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